4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
N S N	Jani	ary 20	)14	. 1	Strength Training @ 10	@ 11	4
		Emmitsburg		New Year's Day	Pinochle @ 12:30	Canasta @ 12:30	
	5	6 Breakfast 8-9 am	7 Breakfast 8-9 St. Training@10	8 Nutritious Snacks &	9 Strength Training@ 10	10 Week in Review @ 11	11
	-	Bowlers meet @ 12:15	Jewelry class (make & take)	Samples @ 11:45  Bridge & 500		Canasta @ 12:30	
	20	Art Class @ 1:30	cost minimal	@12:30	Scams/Beware		
	(MAP) 12 Mobile Information &		14 Breakfast 8-9 am	Bingo @	16 Strength Training @ 10	17 Week in Review @ 11	18
	Assistance w/Kathy Schey	Bowlers meet @ 12:15	Strength Training @ 10 Popcorn & Movie	12:30 Bring something white	Special Meal & Birthday Party @11:30	Canasta @ 12:30	
		Art Class @ 1:30	•	Wille	Pinochle @ 12:30		
	19	20	21 Breakfast 8-9 am	22 Bridge & 500 @	23 Strength Training	24 Week in Review	25 Medicare
		Center	Nurse Steve/The Four Main Types	12:30	@ 10	@ 11	Assistance / Elly Jenkins
		Closed	of Disease. Strength	'500' CARD PARTY@	Pinochle @ 12:30	Canasta @ 12:30	Jan. 16 <sup>th</sup> 9:30-2
		Martin Luther King Day	Training @ 10	7pm			
	26	27 Breakfast 8-9 am	_	29	30 Strength Training @ 10	_	
		Bowlers meet @ 12:15	Strength Training@ 10	Cards, Games & Puzzles	Pinochle @ 12:30	Leave @ 9:30 \$5.00	
	Australia Day	Art Class @ 1:30			747	transportation  Chinese New Year	NAME OF THE PERSON OF THE PERS
	Linda Umbel-Coordir	nator-301-600-6350			*	¥	